



The Food and Nutrition Summer Institute Newsletter

Volume 3, Issue 4

Summer, 2002

Former U.S. Surgeon General to Speak at the Summer Institute

Dr. David Satcher, the former U.S. Surgeon General will deliver the closing keynote address at the Food and Nutrition Summer Institute on July 31, 2002 at Alabama A&M University. Dr. Satcher will speak on what the Summer Institute participants can do to create healthy, active communities. He is expected to draw heavily on his experience as the former Surgeon General, his years of experience as a physician and advocate for eliminating health disparities within the United States. We also expect Dr. Satcher to talk about his last public release "The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001," which focused on the nationwide epidemic of obesity and overweight among the U.S. population.

If you have not registered to participate in the Summer Institute, **it is not too late**. Please contact Linda Nix at NixL@ba.ars.usda.gov or 301-504-0610.

Calendar & Events
Food & Nutrition Summer
Institute
July 26-31, 2002

Alabama A&M University
Normal, Alabama

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Summer 2002 Nutrition and Physical Activity Kids Project (NPA kids)

The Nutrition & Physical Activity Kids Project is an innovative program developed through a unique partnership between the Community Nutrition Research Group (CNRG) and Howard University. Over a five-week period, nutritional, anthropometrical and fitness data will be collected from over 300 urban kids 10-16 years old.

The kids are participants in the 2002 National Youth Sports Program (NYSP). The National Youth Sports Program is an annual event sponsored by the National Collegiate Athletic Association that provides structured sports and enrichment programs to youth of low socioeconomic status. The National Youth Sports Program is

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If you're looking for
water, it's better not
to dig a lot of shallow
holes. Instead, dig
a deep hole.....

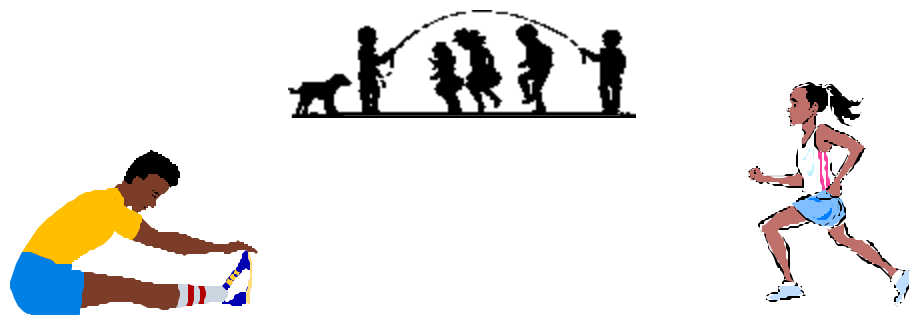
-Old Yoga Expression



Nutrition and Physical Activity Kids Project --Cont'd

a federally-funded program, which is held at about 200 college campuses around the country. It's a comprehensive sports and educational program, open to all qualified 10-16 year old boys and girls.

The 2002 Nutrition & Physical Activity Kids Project is the first of what we hope will become a multi-site project over the next few summers, which will allow the regional and national comparison of nutritional intake, preferences, knowledge and attitudes and fitness data.



ROLL CALL

Alabama A&M University

Alcorn State University

Auburn University

Howard University

North Carolina A&T University

North Carolina Central University

South Carolina State University

Southern University

Tuskegee University

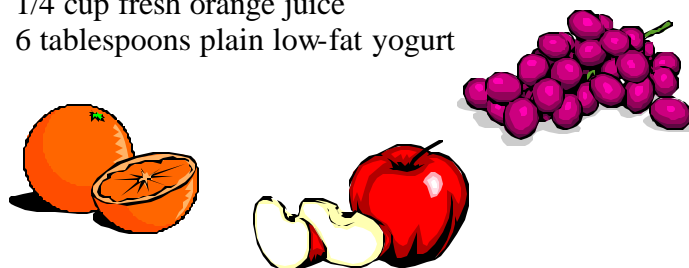
University of Maryland – Eastern Shore

Healthy Eating Recipe

CHLOE'S QUICK FRUIT SALAD

Prep Time approx. 15 minutes. Ready in approx. 45 minutes. Makes 4 servings.

1 apple, cored and chopped
1 large orange, peeled, sectioned, and cut into bite-size pieces
1/2 cup seedless grapes
1 nectarine, pitted and chopped
1/4 cup fresh orange juice
6 tablespoons plain low-fat yogurt



DIRECTIONS:

1. In a mixing bowl, combine the apple, orange, grapes and nectarine.
2. Pour enough fresh juice to coat and prevent oxidation. Toss and refrigerate
3. Serve with a dollop of low-fat yogurt.

NOTE: Try using pear or melon in place of the nectarine, or any other fresh fruit.

SOURCE: Allrecipes

THE FOOD & NUTRITION SUMMER INSTITUTE

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